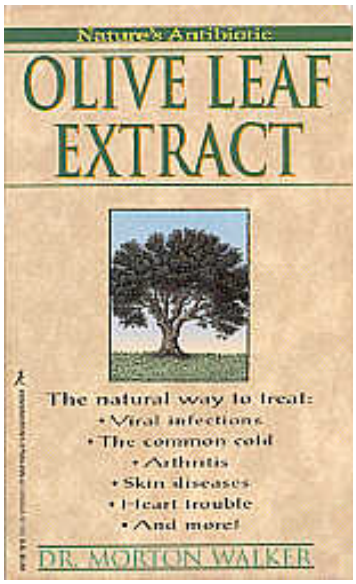

Alpha Omega Labs: Book Review

Olive Leaf Extract (1997)

By Dr. Morton Walker
Foreword by Joseph J. Territo, M.D.

Introduction

To begin with, Walker warns us that we are currently experiencing a number of "new" diseases due to "superbug" microorganisms. Some of them include the Epstein-Barr virus and retroviruses, which take charge of the genetic machinations of the cell; antibiotic-resistant bacteria, which can sometimes actually *live off of* the drugs designed to kill it; yeasts and fungi, which are usually responsible for yeast syndrome (candidiasis) and chronic fatigue syndrome; and parasites, which are a serious problem worldwide. Most of these developing afflictions are due to one of four factors: the upset of nature's balance, a depressed immune system, the ill adaptation of humans to new technology, or the diseases of overindustrialization. Due to these problems, some retroviruses can even come out of dormancy once they detect a weakness in the body. No supplement, drug, or remedy studied in recent years has shown promise in working against the attacks of viruses, antibiotic-resistant bacteria, yeasts, fungi, protozoa, and worms. However, encapsulated powdered olive leaves, newly available, show promise in addressing, affecting, and ameliorating all of the above maladies.

Walker goes on to report that two million Americans a year develop infections while in the hospital, causing the deaths of as many as 20,000. This is partly the result of the overuse and overprescription of antibiotics, the practice of which overlooks the fact that bacteria can mutate, developing effective resistance to antibiotics. Bacteria also create copies of themselves that carry the parent cell's resistance, meaning that every time a better antibiotic is administered, bacteria alter their genetic chemistry to build new immunity, resulting in batches of immune bacteria. If that weren't bad enough, bacteria can also *exchange* information with other microorganisms, using "jumping genes" of DNA plasmids, to spread their drug resistance.

To infect, bacteria must first enter the body and find a place to replicate before the immune system searches it out and eradicates it. We experience illness when the bacteria has multiplied to such a degree that their generated microtoxins or tissue digestion are interfering with our own processes. Most antibiotics work in one of three ways: by interfering with the building of the invader's cell wall, interfering with the assembly of the invader's vital proteins, or shutting down reproduction altogether. However, in order for those methods to work, the antibiotic must be able to penetrate the invader.

The ability of bacteria to multiply quickly also complicates things. Diseases such as *Mycobacterium tuberculosis,* the common *staphylococcus*, salmonella, *Haemophilus influenzae,* and *streptococcus pneumoniae* have already shown themselves resistant and fatal in more and more instances during recent years.

Now, non-toxic olive leaf extract has emerged as a powerful antimicrobial. Walker sees it as a much-needed natural savior of sorts. He points out that olive oil, bark, leaves, and fruit have been a part of nutrition and healing for thousands of years in the Mediterranean. Its mythic properties have been confirmed by modern tests, and thus olive leaf extract may be exactly what we need.

Part One—The Developmental History of the Therapeutic Attributes of Olive Leaf Extract

1. *We Swim in a Sea of Microbes.* Dr. Walker declares the age of antibiotics over at the beginning of this chapter. Many of our modern antibiotics are quickly becoming useless because of the way microbes are able to mutate, developing resistance to once effective drugs. The frequency of diseases like AIDS, chlamydia, herpes, Lyme disease, bacterial pneumonia, and staph infections led Dr. Stanford T. Shulman to say that following birth "we swim in a veritable sea of microbes." And since infectious diseases are such a problem, both in third world *and* industrialized countries, doctors now specialize in just infectious diseases, studying the pathogenesis, diagnosis, and management of these diseases. This is called *epidemiology*[1]. Once infected, the host experiences an immune response, though there are many different kinds of infection. A *subclinical, silent*, or *asymptomatic* infection may not be detectable, or may not be showing its symptoms. *Colonization* also shows no signs, because the microbe is busy multiplying. A *latent infection* is one that has been dormant inside the host for perhaps years. An *exogenous infection* results from environmental factors, and an *endogenous infection* comes from the host's normal inhabiting organisms. Walker presents a great deal of biologic background in his text in order to fully inform his readers, and here he continues by defining microorganism or microbe as "any living thing too small to be visible to the naked eye, most often made up of a single cell." Included in this species are bacteria, spirochetes, viruses, rickettsiae, chlamydiae, fungi, yeasts, molds, protozoa, and helminths (worms). Walker next defines each microorganism. Bacteria are single-celled organisms that can multiply independently and are classified by shape: *cocci* (spherical), *bacilli* (rod-shaped), and *spirilla* (spiral-shaped). Spirochetes, also classified as bacteria, are flexible, undulating rods with cell walls. Rickettsiae are dangerous, bacteria-like organisms not often found in North America. Viruses are the smallest organisms, consisting of only an RNA or DNA nucleus covered by proteins. They replicate by invading a cell and are classified by their size, shape, and means of transmission. Chlamydiae are susceptible to antibiotics and dependent on a host cell for replication. Fungi have cell walls like plants but lack chlorophyll, and may manifest as yeasts or molds. Yeasts, which are actually fungi, reproduce asexually or sexually, and form germ tubes that grow outward to find nutrients. Molds form a furry coating on substances they grown on, and protozoa are simple, one-celled organisms. Helminths, or worms, are divided into three groups: *nematodes* (roundworms), *cestodes* (tapeworms), and *trematodes*

[1] An *epidemic* disease is occurring in the population at a much higher rate than normal, whereas an *outbreak* appears suddenly, only affecting a small portion of the population. An *endemic* disease is consistently present in a specific area, as is a *hyperendemic* disease, but a hyperendemic occurs at a higher rate. A *reservoir* is a natural habitat for a disease, and a *source* may transmit the disease. Sources that carry the disease to two or more humans or animals are called *vectors*. Contamination may also occur as a result of a *vehicle*, such as food or water.

(flukes). Developing treatments for the many diseases these microbes cause is tricky, because anything too toxic can affect the body of the host and cause unwanted side effects. However, Walker writes, olive leaf extract kills viruses, bacteria, fungi, and parasites all in one fell swoop.

2. *The Development of Olive Leaf Extract as an Antimicrobial Agent.* In the nineteenth century, biochemists analyzed powdered olive leaves and named the compound thought to contain all the disease-resistant properties *oleuropein.* Oleuropein is present throughout the olive tree, in its bark, roots, leaves, and fruit, and it is credited for lending the olive tree its pest-resistance. Although pests do attack olive trees and sometimes succeed, oleuropein effectively protects the tree against predators if grown under the correct conditions. In 1969, the Upjohn Company isolated the antimicrobial agent in oleuropein, the calcium salt of elenolic acid, or *calcium elenolate*. According to James R. Privitera, M.D., of Covina, California, olive leaf extract works by interfering with the amino acid production of the invading microbe, inactivating viruses, penetrating and reversing affected host cells, neutralizing the microbe's production of enzymes, and stimulating phagocytosis. The one negative side effect of taking olive leaf extract is its "die-off," or Herxheimer, effect. This occurs because the extract has killed so many infectious microbial invaders that the dead organisms temporarily overwhelm the immune system of the host, sometimes intensifying the symptoms. Physicians administering olive leaf extract view this effect as a sign that treatment is working. These "die-off" effects should stop in four to seven days. Now that olive leaf extract has been manufactured to be effectively therapeutic, its full benefits can be expected. Some of the properties of the extract are its ability to degrade pathological microorganisms of all kinds, relieve inflammation, eliminate chronic fatigue syndrome, restore energy, normalize heart beat irregularities, lessen pain from toothaches, relieve malaria, and kill and eliminate parasites. That is a short list of the benefits. Walker ends this chapter with information about olives, olive trees, the Mediterranean diet, and olive oil grading. Most olives show up on tables as garnishes, but a sizable portion of harvested olives are also made into soap and oil. The lesser grade olive oils are used for lamp oil or industrial purposes, and some are mixed in with higher-grade oils. We are used to consuming extra virgin, virgin, or ordinary olive oil. As for the Grecian diet, each man, woman, and child is said to consume at least five gallons of olive oil a year, which is part of the reason why they stay so healthy. Their natural diet consists of natural foods high in phytochemicals.
3. *Uncovering the Therapeutic Components of Olive Leaf Extract.* In studies designed to determine the safety of olive leaf extract, it was found that even heavy doses failed to result in negative side effects. In fact, researchers were unable to determine the lethal dose for animals. Toxicity tests on humans fared much the same. Scientists have isolated components of the extract that are responsible for its antimicrobial effects: *verbenalin, elenolic acid*, and *aglycone*. These work together to inhibit the growth of microorganisms. The compounds in olive leaf extract, namely oleuropein aglycone and elenolic acid, have been shown to effectively inhibit the growth of Staphylococcus aureus in studies across Europe. Walker ends this chapter with the interesting information that water used to wash olives in preparation for the manufacture of olive oil has been known to cause the batches of oil to go rancid

rather quickly. The answer to this dilemma is to remove the wastewaters as soon as possible; it has been noted that these wastewaters contain elenolic acid and oleuropein.

4. *The Olive Leaf Antimicrobials and Those Infectious Diseases They Act Against.* Harvesting methods for olive leaves and fruit vary. For the American extract, harvesters are careful not to break or scratch the leaves, because doing so can lead to oxidation and thus the loss of important phytochemicals. In the Mediterranean, sometimes leaves are beaten off with long sticks or clawed off with a primitive device made from the horns of a young goat. Richard Hall, a Californian herbalist, points out that drying time is also important to the preservation of the leaves' healing qualities. In other words, be careful of the methods of your supplier. Olive trees themselves are veritable weather stations, responding to temperature and moisture by the curling up or spreading out of their leaves. The trees require unpolluted air, aerated soil, bright sunlight, warm temperatures, and room to grow. They are among one of the oldest plant forms on earth, and are so resistant to pests like the bug-eyed olive fly, black scale bug, bud-eating moths, flying insects too small to see, and tiny black bark-boring beetles because of the high oleuropein content in their bark, leaves, and fruit. And while the properties of olive leaves have been used for centuries, modern technology has only just determined what exactly makes those properties so potent. Now that calcium elenolate/ olive leaf extract is available to the public, we can resist the onset of diseases and maladies listed in this table, taken directly from the book:

AIDS (Acquired Immunodeficiency Syndrome)
Amoebiasis
Anthrax
Athlete's Foot (Tinea Pedis)
Bladder Infection (Urinary Tract Infection)
Botulism
California Encephalitis (CE)
Campylobacter (Campylobacteriosis)
Cat-Scratch Disease
Chancroid
Chicken Pox (Varicella)
Chlamydia
Chlamydial Pneumonia
Cholera
Clostridium Perfringens Infection
Colds
Cold Sores (Herpes Simplex I)
Conjunctivitis (Pink Eye)
Crabs (Pediculosis Pubis)
Croup
Cryptosporidiosis
Cytomegalovirus (CMV)
Diarrheal Diseases

Diphtheria
Ear Infection (Otitis Media)
Eastern Equine Encephalitis (EEE)
Ebola Sudan Virus Infection
Ebola Zaire Virus Infection
E. coli 0157:H7 (*Escherichia coli* Hemorrhagic Colitis 0157:H7)
Encephalitis
Epstein-Barr Virus (EBV) Infection
Fifth Disease (Erythema Infectiosum)
Flu (Influenza)
Food-Borne Illnesses (Food Poisoning)
Gastric Ulcers (*Heliobacter pylori*)
Gastroenteritis (Travelers' Diarrhea)
Genital Herpes (Herpes Simplex II)
Genital Warts (Human Papillomavirus, HPV)
German Measles (Rubella)
Giardia (Giardiasis)
Gonorrhea
Group B Strep Disease
Hand, Foot, and Mouth Syndrome (Disease)
Hantavirus Pulmonary Syndrome (HPS)
Head Lice
Hepatitus
Hepatitus A
Hepatitus B
Hepatitus C
Herpes Zoster (Shingles)
H. Flu Meningitis or Hib (Haemophilus Influenzae Meningitis)
Impetigo
Infant Botulism
Japanese Encephalitis (JE)
Jock Itch (Tinea Cruris)
Legionnaires' Disease
Leprosy (Hansen's Disease)
Leptospirosis
Listeria (Listeriosis)
Lockjaw (Tetanus)
Lyme Disease
Lymphocytic Leukemia from Human Acute Leukemia/ Lymphoma Virus
Malaria
Marburg (Monkey) Virus (Rhabdovirus simiae)
Measles (Rubeola)
Meningitis, Bacterial
Meningitis, Viral
Meningococcal Meningitis
Mono (Infectious Mononucleosis)

Mumps
Mycoplasma Pneumonia
Newcastle Disease
Norwalk Agent
Parrot Fever (Psittacosis)
Pasteurella (Pasteurellosis)
PID (Pelvic Inflammatory Disease)
Pink Eye (Conjunctivitis)
Pinworm (Enterobiasis)
Plague
Pneumonococcal Meningitis
Pneumonia, Broncho, Lobal, or Segmental
Pneumonia, Bacterial
Pneumonia, Chlamydial
Pneumonia, Mycoplasmal
Pneumonia, Viral
Polio (Poliomyelitis)
Pork Tapeworm (Taeniasis)
Q Fever (Query Fever)
Rabies
Rat-Bite Fever
Rheumatic Fever
Ringworm (Tinea), of Scalp (Tinea Capitis), of Body (Tinea Corporis)
Rocky Mountain Spotted Fever
Roseola (Exanthem Subitem)
Retrovirus Infection
Rotavirus Diarrhea
Roundworm (Toxocariasis)
RSV (Respiratory Syncytial Virus)
St. Louis Encephalitis (SLE)
Salmonella (Salmonellosis)
Scabies
Scarlet Fever (Scarlatina)
Sexually Transmitted Diseases
Shigella (Sigellosis)
Shingles (Herpes Zoster)
Smallpox (Variola)
Staphylococcal Food Poisoning
Strep Throat
Syphilis
TB (Tuberculosis)
Thrush (Oral Candidiasis)
Toxic Shock Syndrome (TSS)
Toxoplasmosis
Trich (Trichomoniasis)
Thrichinosis (Trichinellosis)

Tuberculosis (TB)
Typhoid Fever
Urinary Tract Infection (Bladder Infection)
Vaginal Yeast Infection (Yeast Vaginitis from Candidiasis of the Vagina)
Vaginitis (Vaginosis)
Vincent's Infection
Warts
Whooping Cough (Pertussis)
The Yeast Syndrome (Polysystemic Chronic Candidiasis)
Yellow Fever
Yersinia (Yersiniosis)

Due to the intense study of olive leaf extract in Europe, Hungary has adopted the extract for its Medicare system as the official infectious disease remedy and has saved a great deal of money since. Other countries, such as Yugoslavia, Poland, the Czech Republic, Romania, and Italy are all studying the benefits of olive leaf extract. Operating in Hungary is Robert Lyons, O.M.D., M.S., who is the director of the Robert Lyons Clinic and a correspondent of Dr. Walker. Lyons reports that patients he has treated with olive leaf extract have recovered from all manners of viral, yeast-related, bacterial, and fungal infections. In a detailed table, Dr. Walker shows that, of the hundreds of patients treated at the Lyons Clinic, none of their conditions remained unchanged. Most recovered fully, and the rest experienced an improvement in their condition. Based on these findings, the Clinic concluded that the rate of improvement due to treatment was 98%, that the extract improved immune functions, and that there were no adverse side effects, even in children and adolescents.

5. *Additional Therapeutic Applications for the Olive Leaf Concentrate.* In this chapter, Dr. Walker explains through patient anecdote that there are many more uses for olive leaf extract than those outlined in the last chapter, which had to do with microbial infections. Added to those benefits is olive leaf extract's ability to produce a coronary dilatatory action, meaning that those suffering from angina pectoris pain can and do benefit. Studies have shown that oleuropein increases blood flow to the heart. Oleuropein also decreases blood pressure by causing constricted arteries to relax and become more flexible. Atrial fillibration, which causes the heart to beat irregularly, potentially failing to get blood to all parts of the body, also responds to olive leaves. Olive leaf extract also interferes with the hardening of the arteries, or arteriosclerosis. A part of this may be due to the fact that the extract doesn't allow LDL cholesterol to oxidize, which is good news for cardiovascular diseases. The extract also works as an effective antioxidant. A good source of these antioxidants is malaxation, the process outlined earlier in which wastewaters, rich in healing nutrients, are removed from the fermenting olive oil. These waters can be crystallized and encapsulated, making a cheap but effective source of olive leaf power. Walker goes on to say that the extract is also applicable to psoriasis, peptic ulcer, hiatal hernia, and fibromyalgia. As for the appropriate dosage, Dr. Walker himself takes two capsules daily, which he doubles if he is traveling. James R. Privitera, mentioned in an earlier chapter, recommends one tablet every six hours, or two every six hours if you are sick, and advises that if the "die-off" effect occurs, dosage should be temporarily decreased. As for

concentrations of oleuropein in olive leaf tablets, more is not better. Dr. Walker advises that even a six percent concentration can be effective. Other elements often found in the tablets are cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, and maltodextrin.

Part Two—Successful Antimicrobial Therapy for Viral, Bacterial, Fungal, and Parasitic Illnesses

6. *You Can Stop Herpes and Other Viral Diseases from Threatening Your Loved Ones.* This chapter begins with a patient anecdote about a woman who, fearing she might have contracted herpes, was given olive leaf extract and later tested negative for the disease. Sexually transmitted diseases, too, have evolved, creating new strains of related diseases. STDs are also passed on to children born to infected mothers. According to Dr. Walker, the best protection against these diseases is olive leaf extract. Viral diseases are among the most difficult to get rid of, owing to the hardiness of viruses. Viruses can be reactivated after long periods of time, and can "hide" from the immune system within the cells of the host. Because viruses are nearly immortal, a person infected with HIV must deal with carrying that virus for the rest of their life. However, as seen earlier, calcium elenolate may be the only viral adversary. Some of the other viruses people may carry for the rest of their lives are herpes viruses. There are seven known strains: *herpes simplex virus* (HSV) has two types; *cytomegalovirus* (CMV) is less severe; Epstein-Barr virus (EBV) is often called "the kissing disease"; *Varicella-Zoster Virus* (VZ) causes shingles; *Human Herpes Type VI* (HHV-6) also has two strains; and *Human Herpes Virus Type VII* (HHV-7) is not well understood. The good news? Of course, calcium elenolate is a virucide, and successfully kills all these viruses.
7. *How to Eliminate Any Viral Source of Chronic Fatigue Syndrome.* Chronic fatigue and immune dysfunction syndrome (CFIDS) is often accompanied by a viral infection, parasites, or yeast overgrowth, all of which can serve to drain energy. Once again, patient and doctor anecdotes show that not only can olive leaf extract eradicate the symptoms of CFIDS, it can also create a resurgence of energy in the patient. Chronic EBV is often to blame, and in fact, EBV is far more common than is recognized. Some of the results of this may include other diseases, such as hairy leukoplakia and Hodgkin's disease, the overriding symptom of which is of course chronic fatigue. Retroviruses may also be involved in causing CFIDS. Retroviruses are those that can permanently splice themselves into the chromosomes of human cells. However, research is uncovering more and more information pointing to the fact that CFIDS may be linked to more viruses than just EBV and retroviruses. Again, calcium elenolate is a virucide and has the power to destroy any virus causing CFIDS.
8. *Changing HIV Positive (+) Blood to HIV Negative (-).* Dr. Walker begins by addressing the controversy surrounding the connection of the HIV virus to the development of AIDS. Many prominent doctors have questioned that HIV leads to the advent of AIDS, speculating that HIV only "opens the door" for AIDS, and that HIV is only a "hitchhiker" virus. Either way, the same James R. Privitera mentioned earlier has shown that a concentrate of olive leaves combined with Naltrexone, an

immune modulator, dissolved in a lemon and olive oil drink dramatically reduces the HIV viral load. Olive leaves also contain protease inhibitors, which are useful to the AIDS patient because they stop the action of enzymes that break the body tissues down in response to the human immunodeficiency virus. After drinking the above described lemon/olive oil drink, patients tested for both viruses could be said not to have either, due to the absence of the viruses in their blood. Even taking the olive leaf extract capsules on their own can decrease a patient's viral load. Here, taken directly from the book, is a recipe for the lemon/olive oil drink:

1. Cut up one medium lemon into quarters. Put the whole fruit, including the rind and seeds, in a blender. (For a less bitter drink, squeeze in the juice of a whole lemon and blend in the rind of half the lemon.)
2. You may add one and a half cups of orange juice, other fruit juice, or water to make the mixture more palatable.
3. Add one tablespoon of cold pressed extra virgin olive oil.
4. Blend the ingredients together at high speed for two minutes.
5. Filter the mixture through a strainer to separate the juice from the pulp. Discard the pulp and drink the remaining liquid, either all at once with olive leaf extract capsules, or divide into two or three daily portions.

You may also make olive leaf tea, but mind that the leaves you buy are probably imported and are beaten or clawed from the trees. The best possible leaves to purchase would be from manzanillo trees in Southern California. First, buy a one-pound bag of olive leaves that have not been air dried at over 150 degrees Fahrenheit. Use half for brewing and store the rest in a plastic bag for later. Procure a gallon of distilled or spring water, as well as a five or six-gallon crock-pot. Have a few large glass bottles ready to pour the tea into, and have a candy thermometer handy. Next, follow these steps directly from the book:

1. Rinse the half-pound of leaves with purified water and drain the water away. Put the leaves in the crock-pot and fill it with the gallon of distilled water. Cover, and sit on the stove. Let it simmer on low heat.
2. After six hours, check the temperature. The ideal temperature is between 175 and 185 degrees. When the tea reaches this temperature, open the pot cover enough for heat to escape, and be sure to add water over the next ten hours to replace what is lost in steam. Make sure you are back at the gallon level and close the lid tightly.
3. Check the water temperature regularly to make sure it stays within range. Simmer for twelve hours and then allow to cool for four to six hours. Then, scoop out the tea, filling the glass bottles, and strain the rest, removing the leaves. Refrigerate the tea in closed glass bottles. Use the strained tea immediately, and don't forget to strain the stored tea before drinking.

Drink half a cup of tea three times a day, but not after 7:00, because it may cause insomnia due to your renewed energy. You can add plain water, ginger ale, or soda water to the tea to alter its taste, but no colas. Your viral load count should fall in response.

9. *A Quick Cure for the Common Cold.* The cold is historically and presently the cause of the most sickness worldwide, and most symptoms are due to infection by the rhinovirus (RV). RV is not bothered by heat, cold, or antibiotics, but *is* killed by taking olive leaf capsules. Hamsters given nasal washings made of calcium elenolate recovered completely, which may mean that an olive leaf nasal wash should be developed sometime in the future. A cold is essentially an upper respiratory infection that may cause nasal congestion, headaches, fever, and sore throat. There are peak cold periods in the United States, as well as peak areas of occurrence; one peak period occurs just as school is starting and another occurs mid-winter. The Northeast U.S. gets 47% of national colds, East Central areas have 17%, West Central has only 6%, the Pacific Region has only 5%, and the South has 25%. RV usually enters the body through the nose or eyes, can survive brutal temperatures, and can survive on surfaces such as doorknobs and desktops for days. To prevent colds, wash your hands after contact with those who have colds, avoid touching your eyes and nose, and take olive leaf extract. Olive leaf extract is also effective against all strains of the flu, or influenza virus. It's also effective against mumps, viral pneumonia, croup, bronchiolitis, and other lower respiratory infections.
10. *Antibacterial Properties of Olive Leaf Extract.* The olive leaf extract is also applicable to sinusitis, which can result due to a long-standing bacterial infection. Sinusitis is a surprisingly widespread disease, owing to confusion about its symptoms, which are not unlike those of the common cold. The symptoms typically return at regular intervals during the year. Sinusitis bacteria are increasingly showing resistance to the drugs used to treat it, as well. Severe headaches can accompany the infection of certain sinus cavities, requiring surgery to relieve the dangerous pressure. Hemolytic streptococci are bacteria that can complicate sinusitis and cause bronchitis. Chronic bronchitis is the inflammation of the air passages, and is prolonged, persistent, and reoccurring. It can enlarge the mucous glands and produce excess mucous, cause upper chest pain due to the impairment of the cilia lining the lungs, and inflame the breathing passages. Chronic bronchitis and emphysema can often occur together as a result of smoking, and are referred to as chronic obstructive pulmonary disease (COPD). If this condition is allowed to continue, it can lead to labored respiration and a worsened cough, and a change in the discharge from the respiratory passages. Bacteria can act as parasites when they infect the host, and this is called *bacterial disease*. Bacterial disease is due to the *pathogenic* (disease-producing) properties of the bacteria. *Virulence* refers to the degree of pathogenicity of a bacteria for the host, meaning that some bacteria may be more destructive to certain hosts and nearly unnoticeable in other hosts. However, traditional treatments are currently having a hard time keeping up with the mutated forms of bacteria such as staphylococci, mycobacteria, clostridia, pseudomonas, enterobacteriacea, spirochetes, salmonella, and others. This means that the public now faces the same dilemma as before the advent of antibiotics. The overprescription of antibiotics and the antibiotic content in animal feed has led to the increased resistance of microbial diseases and the increased number of diseases reported. Fortunately, olive leaf extract is now available. Next, Walker goes back to malaxation, mentioned in an earlier chapter as the process by which wastewaters are removed in order to speed the process of olive oil fermentation. These wastewaters are so rich in antibiotic

properties that when they find their way into the soil, they actually inhibit the natural ability of soil bacteria to biodegrade substances, affecting the process of germination and sporulation. Thus the industry might be well served by encapsulating these waters. Another serious bacterial infection is that of *Bacillus cereus*, which causes a number of side effects such as copious gas, burning stomach, frothy diarrhea, and others. This infection can also cause the heartbeat to fluctuate, causing possible damage to the heart, cause temperature changes, confusion, and depression. The bacteria are often found in food sources, and symptoms begin in as little as six hours. The phytochemicals contained in olive leaf extract can eradicate this difficult bacteria after infection. Oleuropein can actually dissolve the outer lining of invading microbes. Olive leaf extract can also relieve dental and bladder infections. In a table at the end of the chapter, Dr. Walker lists the ten most common infectious diseases of 1995. They are chlamydia, gonorrhea, AIDS, salmonellosis, hepatitis A, shigellosis, tuberculosis, primary and secondary syphilis, Lyme disease, and hepatitis B.

11. *Correction for the Yeast Syndrome and Other Fungal Diseases.* Fungi are more highly developed than the other microorganisms, and produce spores to reproduce. At least eight classifications of fungi cause diseases: dermatomycoses, candidiasis, maduromycosis, sporotrichosis, blastolycosis, actinomtcosis, coccidodides, torulosis, and aspergillosis. Fungi are survivors and alter their growth to suit their environments, but cannot overcome a healthy immune system. Once there is a defect in the immune system, however, the fungi can move in. Fungi are, in fact, what break down dead material, although they can infect living animals as well. A common fungus, a yeast, is candidiasis, which is present in our bodies already, but which may grow out of proportion under the right conditions. This overgrowth can cause chronic fatigue, acne, depression, constipation, headaches, infertility, lost sex drive, poor memory, and others. This yeast does its damage by releasing toxic chemicals inside the body. This is sometimes called candidiasis hypersensitivity syndrome. It can also cause complications in other present diseases, such as lupus, schizophrenia, and multiple sclerosis. Normally, as mentioned above, this is a harmless organism that lives *commensally*, meaning without benefiting or harming the host, inside humans and animals. However, when changes occur in your body, candida changes also. These changes include eating red meat, taking cortisone or birth control pills, steroid derivatives, therapeutic hormones such as hormone replacement therapy, foods high in yeast or mold content, recreational or anti-inflammatory drugs, and a diet including excess sugar and junk foods. This condition is much more rampant than is known. Dr. Walker uses a table to list symptoms that might occur as a result of candidiasis, and also provides questions to ask yourself to determine if you are suffering from yeast syndrome. Here, reproduced directly from the book, are the questions:

For Adults and Teenagers

Have you suffered from:

1. Frequent infections, constant skin problems, or taken antibiotics, birth control pills, or cortisone medications often or for long periods?
2. Feelings of fatigue, being drained, drowsiness, or illness symptoms on damp, muggy days or in moldy places such as a basement?

3. Feelings of anxiety, irritability, insomnia, or cravings for sugary foods, breads, or alcoholic beverages?
4. Food sensitivities, allergy reactions, or digestion problems, bloating, heartburn, constipation, bad breath?
5. Feeling "spacey" or "unreal," difficult to concentrate, or bothered by perfumes, chemical fumes, or tobacco smoke?
6. Poor coordination, muscle weakness, or joints painful or swollen?
7. Mood swings, depression, or loss of sexual feelings?
8. Dry mouth or throat, nose congestion or drainage, a feeling of pressure above the ears, or frequent headaches?
9. Pains in the chest, shortness of breath, dizziness, or easy bruising?
10. Frustration of going from doctor to doctor, never getting your health completely well, or being told that your symptoms are "mental" or "psychological" or "psychosomatic"?

Questions for Women Only

Have you suffered from:

1. Vaginal burning of itching, discharge, infections, or urinary problems?
2. Difficulty getting pregnant?
3. Been pregnant two or more times?
4. Taken birth control pills?
5. Pedestal symptoms such as moodiness, fluid loading, tension?
6. Irregular menstrual cycles or other menstrual problems?
7. Permanently appearing changes in the time or frequency of menstruation?
8. Heavy discharge from your nipples?
9. Pain during sexual intercourse?
10. Vaginal spotting?
11. Pelvic pain?
12. Breast lumps?
13. Hot flashes?

Questions for Men Only

Have you suffered from:

1. Difficulty having an erection?
2. A lump in the testicles?
3. A sore on the penis?
4. Any discharge from the penis?
5. A breast lump?
6. Impotence or premature ejaculation?
7. Peyronie's disease?
8. Loss of libido?
9. Prostatitis?

10. Orchitis (testiculiti)?
11. Pain in the lower abdomen?

Questions Especially for Children Under Age Ten

Have the child suffered from:

1. Frequent infections: particularly of the ears, tonsillitis, bronchitis, history of constant diaper rash?
2. Continuous nasal congestion or drainage?
3. Dark circles under the eyes, or periods of hyperactivity, poor attention span?
4. A long history of bedwetting?
5. Eczema?

If you had four or five "yes" answers, chances are you may suffer from a yeast-related illness. Six or seven "yes" answers mean you are probably infected with candida, and eight or more "yes" answers mean that you almost certainly are infected and need to get treatment for chronic candidiasis. Four facts that are known about yeast and fungal diseases are that nystatin, a pharmaceutical commonly used to treat candida, is ineffective, and does not penetrate the blood/brain barrier; most patients show trouble maintaining temperature; the presence of yeasts often indicates the presence of parasites; and anti-allergen infections may affect the disease, but are showing less and less efficacy. To rid yourself of your yeast infection, avoid antibiotics, eat an anti-yeast diet, discontinue birth control pills in the presence of vaginal discharge, eat two fresh garlic cloves daily, take nutritional supplements like vitamin C, zinc, and magnesium, and take six capsules of olive extract daily, divided into three doses.

12. *How to Expel the Parasites Living Within Us.* . Human parasites have only been recognized as a danger in the last two hundred years, though they have likely been affecting us for much longer. Parasites normally cause diarrheal diseases, which can be fatal to infants. Pay attention to who prepares your food, as food preparers are often responsible for food infection. The gastrointestinal tract, spread flat, would be as large as a football field, and therefore there is a lot of room where parasites and other flora can hide. Parasites live off of the host, which provides food and shelter and suffers from the parasitic invasion. Protozoa are actually microparasites. Despite the sanitary conditions many of us have grown up in, parasites are everywhere and are responsible for a great deal of sickness and death. Symptoms may include constipation, diarrhea, gas and bloating, irritable bowel syndrome, allergy, skin conditions, teeth grinding, chronic fatigue, sleep disturbances, and immune system dysfunction.

13. *Concluding Information for Successfully Using Olive Leaf Extract.* While there is a great deal of information about health and medicine on the Internet, much of it is indecipherable to the public. On the other hand, medical providers often have too much information available to them. The fact of the matter is that olive leaf extract is the answer to many of the maladies affecting modern humans, particularly those ailments

caused by the invasion of microorganisms. Olive leaf extract enhances the immune system's capability, increases energy, is antifungal, antibacterial, antiviral, and antiparasitic, lowers blood pressure, protects against the oxidation of LDL, and eliminates many other health problems like fibromyalgia, psoriasis, and cardiovascularmyopathy. One of the ways olive leaves may do this is by *recognizing* disease-causing invaders and producing an antimicrobial enzyme called *Pto kinase*. This protein kills off microbes. All in all, the powerful phytochemicals contained in olive leaves store antimicrobial enzymes that are effective against innumerable afflictions that are increasingly unresponsive to synthetic drugs, making it the most powerful natural supplement known to man.

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